

Type <http://my.kp.org/ca/sbcounty> This Page will get you started



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Welcome

County of San Bernardino employees

Kaiser Permanente's time-saving online tools, quality doctors you choose from, and award-winning wellness programs mean you get more than a health plan—you get a plan for living well.

Whether you're looking for the first time or a renewing member, you'll find the information and inspiration you need to [enroll](#).



GET STARTED NOW

- Already a member? [Manage your care at kp.org](#).
- Find the right clinician for you using our [clinical staff directory](#).
- We're where you are—search our [facility directory](#).
- [Why join Kaiser Permanente?](#)



IN THE KNOW

- Soak up [sunscreen facts](#).
- See how we're inspiring kids to make [healthy choices](#).



HEALTHY AT WORK

Taking an active role in your health just got more rewarding. Earn rewards for making healthy changes with [My Health Matters!](#)

MY HEALTH MANAGER

Order prescription refills in your pajamas? E-mail your doctor's office at 2 a.m.? [My health manager](#) lets you take charge of your health your way.



Click on
“My Health
Matters”

Welcome to HealthWorks

HealthWorks by Kaiser Permanente is a part of "My Health Matters," a wide-ranging wellness program offered to employees of County of San Bernardino.

Earn rewards

Taking an active role in your health just got even more rewarding.

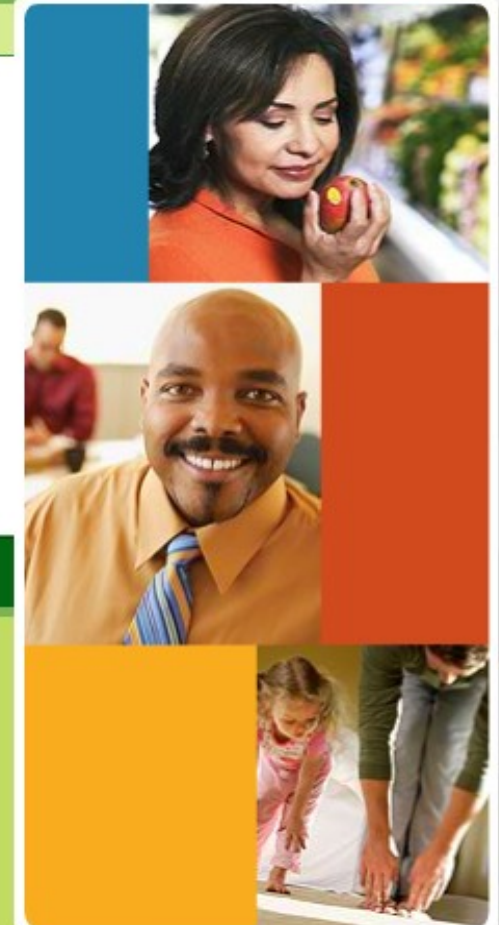
- Earn a \$50 reward card for completing an online total health assessment with [HealthMedia® Succeed™](#).
- Participate in one other [Healthy Lifestyle Program](#) and be entered in a monthly drawing for a \$100 reward card.
- Attend a [Wellness Expo](#) and be entered in a drawing for a \$75 reward card.
- Participate in [three health programs](#) and be entered into a drawing for \$250.

[Learn more about your rewards.](#)


Your health resources

[Attend a health event](#) in your area or access [online health and wellness tools](#) that will help you stay in charge of your health and make the choices that are right for you.

Click on "Health Media Succeed"



Sign on to use “Healthy Lifestyle Programs”

 KAISER PERMANENTE®


Home kp.org Sign on Guía en español

Search our site

My health managerHealth & wellnessHealth plans & servicesLocate our services

Not ready to sign on?

- About using healthy lifestyle programs
- Register now
- Help



Sign on to use healthy lifestyle programs

[Register now](#) if you need a user ID and password.

User ID

Password

[Sign on](#) [Sign on help](#)

☐ [Forgot your user ID?](#) ☐ [Forgot your password?](#)

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Sign On


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Your Web profile

- [Change password](#)
- [Change user ID](#)
- [Change preferred first name](#)
- [Change secret questions](#)
- [Update mailing address](#)
- [Update e-mail profile](#)



Thank you for signing on

Member Name Here, you can now use the secure features on our site to make appointments, refill prescriptions, and much more.

To use many of our secure features, you may need to tell us personal information about your health. We value and protect your privacy, so we ask that you read our [privacy practices](#) before you proceed any further. We also ask that you review the important information about your use of this site, found in our [terms and conditions](#). By proceeding, you acknowledge that you've read and accepted our privacy practices and terms and conditions.

To sign off at any time, click the "Sign off" button at the top of any page.

[Continue on to use healthy lifestyles programs](#)

Click on "Continue on to use healthy lifestyle programs"


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English or Spanish?

Currently, the following programs are available in English and Spanish:

- Total health assessment (Succeed®)
- Nutrition improvement (Nourish®)
- Smoking cessation (Breathe®)
- Stress management (Relax®)
- Weight management (Balance®)

These programs are only available in English:

- Chronic conditions management (Care™ for Your Health)
- Depression management (Overcoming™ Depression)
- Diabetes management (Care™ for Diabetes)
- Insomnia management (Overcoming™ Insomnia)
- Pain management (Care™ for Pain)
- Back care management (Care™ for Your Back)

Please note that once you select the language of your choice, all program materials will appear in that language. Once you make the selection, you will NOT have the ability to change the language, nor will you have access to any of the program offerings available in a different language.

Please select the language in which you would like to view your materials.

- ☐ English
☐ Spanish

Continue



**Select your preferred language
and click “Continue”**

Conditions for Participating in HealthMedia Programs

To use the healthy lifestyle programs, you must agree to the following:

E-mail communication is a key part of the healthy lifestyle programs. To use the healthy lifestyle programs, you must accept e-mails from HealthMedia regarding the program you are using. For example, you will receive e-mails about your results and to check on your progress during the programs. By completing your enrollment and using a HealthMedia healthy lifestyle program, you are agreeing to receive e-mails for the purposes of the program.

Continue

**Read the above conditions and
click “Continue”**

Confirm your e-mail address for your HealthMedia® programs

Please confirm that your e-mail address is correct. Enter a different e-mail if you wish.

Please note that updating your e-mail address will not update the e-mail address you use for the Kaiser Permanente Web site.

**Enter or confirm your email
address and click "Submit"**

Click on
"HealthMedia
Succeed"

Your Programs

Your Available Programs

The programs listed below are available to you. [Click here](#) to learn more about these programs, or click on one of the program links listed below to start the program.



[HealthMedia@
Succeed™](#), a health
assessment & care plan



[HealthMedia@ Balance™](#),
a weight management
program

Take Action

Get started with [HealthMedia@ Succeed™](#), Kaiser Permanente's Total Health Assessment.

Welcome to your personal MyHealthMedia Web site! It's your gateway to exciting tools, programs, and information designed to help you improve your health. Interested in an online health program? You'll find links to the programs on the left side of your screen. Participate today, and you'll be on your way to a healthier, happier you!

News Articles

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Cast Your Vote

What is your most important reason for living a healthy life?

- ☐ To live a full and active life
- ☐ To live without having to depend on someone else
- ☐ To be able to work and earn a living
- ☐ To keep my healthcare costs down
- ☐ To be there for my family

Vote